



THE FUN TIMES

ELEMENTARY EDITION

NOVEMBER/DECEMBER, 2015

Kids Cook! • Grades 1-3

Join Hy-Vee dietitian, Denise Boozell, for a fun, hands-on hour of measuring, stirring, preparing and sampling nutrition-packed recipes. For boys and girls in 1st - 3rd grades.

Day/Time: Tuesdays from 4:00 - 5:00 pm

Min/Max: 5/10

Age: Grades 1-3

Location: Indianola Activity Center Kitchen

Fee: \$18.75 (\$15)

Program # 9091

Class Date: November 10

Registration Deadline: Tuesday, November 3, or when full

As the expression goes, an apple a day keeps the doctor away. Come find out what all the hype is about and have fun making some tasty apple treats. It will be apple-licious!

Program # 9092

Class Date: December 1

Registration Deadline: Tuesday, November 24, or when full

'Tis the Season...for cooking!

Don't miss the chance to bake some healthy holiday recipes with your Hy-Vee dietitian, Denise Boozell.

Kids 'n the Kitchen • Grades 4 & 5

Join Hy-Vee Dietitian, Denise Boozell, for a fun, hands-on hour of measuring, stirring, preparing and sampling nutrition-packed recipes. For boys and girls in 4th & 5th grades.

Day/Time: Tuesdays from 4:00 - 5:00 pm

Min/Max: 5/10

Age: Grades 4 & 5

Location: Indianola Activity Center Kitchen

Fee: \$18.75 (\$15)

Program # 9094

Class Date: November 17

Registration Deadline: Tuesday, November 10, or when full

"Fall" into healthy eating. Let's celebrate the change of seasons with nutritious and delicious foods inspired by the Autumn season.

Program # 9095

Class Date: December 8

Registration Deadline: Tuesday, December 1, or when full

Deck the halls with healthy holiday snacks! It's cold outside so come inside and help Denise heat up the kitchen with some healthy holiday snacks.

Youth Basketball Leagues

3rd-6th Grade Boys

Adult volunteer coaches will teach basketball skills through practices and games. The program will emphasize participation, teamwork, and sportsmanship. Whether you are just starting or have played for a few years, there is a place for you on a team. Practices are held 1-2 times per week and are determined by coaches and facility availability. When registering, please include shirt size, accurate height and weight, number of years played, and whether a parent is willing to coach.

Dates: Practices *may* begin the week of January 4

Games begin the week of January 18 thru mid March

Game times: 6:30 - 8:30 pm

Registration Deadline: Friday, November 20

Fee by Friday, November 20: \$57 (\$52)

Fee after November 20 (if league is not yet full): \$72 (\$67)

Program #	Age Division	Game Days
9127	3rd-4th Grade	Mon/Tues/Thurs
9128	5th-6th Grade	Mon/Tues/Thurs

Boys Youth Basketball League

Coaches Meeting

- We are looking for enthusiastic adults who enjoy working with children. Your assistance is needed to maintain quality programs at affordable prices.

• **Location:** Indianola Activity Center

• **Date:** Thursday, December 10

• **Program #** 9125 Rookies (3rd-4th Grade) 6:00-6:45 pm

• **Program #** 9126 Majors (5th-6th Grade) 7:00-7:45 pm

Tae Kwon Do

Self discipline, self-defense, weight control, posture improvement, self-confidence, coordination, muscle toning, physical and mental state are all enhanced through TKD. Beginners and Advanced may test for a higher belt at the end of each session for an additional fee. Potential participants are invited to observe and talk with instructors. This class stresses the five tenets of Tae Kwon Do: courtesy, integrity, perseverance, self-control, and indomitable spirit.

Instructor: Two Rivers Martial Arts • tworiversmartialarts.com

Location: First class - Indianola Activity Center

All other classes - Warren Water District, 1204 E 2nd Ave.

Beginner

Age: 6 years & older

Program # 9122

Dates: December 10, 2015 - February 4, 2016

Days: Mondays & Thursdays **Time:** 6:00 - 7:00 pm

Fee: \$42 (\$37)

Advanced

Age: 6 years & older

Program # 9124

Dates: December 10, 2015 - February 10, 2016

Days: Mondays & Thursdays **Time:** 7:00 - 8:15 pm

Wednesdays **Time:** 6:00 - 7:00 pm

Fee: \$49 (\$44)

Snowshoe Hike • Ages 6 & over

Don't let the winter weather keep you locked up indoors! Learn how easy and fun snowshoeing can be while experiencing the great outdoors. Fun for the whole family! The knowledgeable staff from Warren County Conservation will discuss proper clothing, equipment, and techniques. Please wear warm boots. Class will be cancelled without snow. **To register please call 961-6169 or visit www.warrencb.org.**

Age: 6 & over (Children under 12 must be accompanied by an adult)

Fee: FREE

Min/Max: 8/29

Day/Date: Tuesday, December 22

Time: 1:00 - 3:00 pm

Location: Pickard Park

Registration Deadline: Monday, December 21

MAIL-IN/DROP-OFF/FAX REGISTRATION FORM

Indianola Parks & Recreation Department, 2204 W 2nd Avenue, Indianola, IA 50125
(515) 961-9420 FAX (515) 961-9426 www.indianolaiowa.gov



ADULT NAME: Last _____ First _____

Address _____ Apt.# _____

City _____ State _____ Zip Code _____

PHONE NOS: Home (_____) _____ Work (_____) _____ Cell (_____) _____

E-MAIL: _____ (please print very clearly)

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Avoid missing program deadlines by subscribing to our free monthly email newsletter, **The Fun Times**. I want to receive The Fun Times email newsletter. (You may unsubscribe at any time.)

Program #	Participant Name		Sex	Birth Date	Grade	Activity Name	Fees
	Last	First		mo/day/yr			
							\$
							\$

YOUTH SPORTS INFORMATION				Previous Yrs in Program
Name	Height	Weight	Shirt Size	

T-shirt sizes: Youth - Extra-Small, Small, Medium or Large
Adult - Small, Medium, Large or Extra Large

To Our Participants with Disabilities: If you need special accommodations for program participation, please contact our office by phone or in writing. We are waiting to serve you.

Note: Registrants in any program assume full responsibility for any risk, implicit or direct, by participation in said activity or facility. You are advised that the City does not provide medical insurance covering injuries to its participants.

Total Amount Due

\$

MAKE CHECK PAYABLE TO:
Indianola Parks & Recreation

CHARGE: (circle) MasterCard VISA Discover

Card #: _____ - _____ - _____ - _____

Expiration Date: _____

Card Holder's Signature: _____
Please make sure to circle the type of charge card you are using.